



Week of: 01/04/2021

Deliciously Simple Fluffy Cinnamon Roll Dutch Baby A la Mode + Coco Loco Drizzle + Cinn-a-Yummy Cozy Cocoa

PARENTS: This recipe requires a microwave and 2 microwavable mugs
Please open any canned goods and discard the lids prior to class.

INGREDIENT CHECKLIST:

- 1 tsp butter*
- 1 tsp ground cinnamon
- 1/4 C + 3 T room temp coconut cream*
- 2 tsp sugar
- 2 T maple syrup
- 3/4 tsp vanilla extract
- 3 T all-purpose flour*
- 1/4 tsp baking powder
- 1 tsp cocoa powder
- 1/2 C water
- Pinch fresh chopped or dried parsley or dried dill
- 1 lemon

- 2 T full-fat Greek yogurt*
- 1 scoop vanilla ice cream*
- Pinch garlic powder
- Pinch of salt
- Pinch of black pepper

Kid Chef's Choice of the following veggies for "Crudite:"

- Baby carrots or carrot chips (4-5)
- Celery stalks (1-2)
- 1 mini cucumber or 1/4 large cucumber
- Cherry tomatoes (3-5)
- Red radishes (1-2)
- Jicama sticks (2-3)
- Red, orange, or yellow bell pepper (1/2)
- Mini sweet peppers (3-5)

ALLERGY SUBSTITUTIONS (for those items in red with a *)

BUTTER: Sub vegan butter alternative (such as Earth Balance) or olive oil

COCONUT: Sub heavy cream OR full-fat yogurt or dairy-free yogurt

GLUTEN (FLOUR): Sub gluten-free flour blend with xanthan gum

DAIRY (YOGURT): Sub non-dairy yogurt or sour cream alternative

DAIRY (ICE CREAM): Sub non-dairy ice cream



Week of: 1/11/2021

Holy Guacamole Huevos Rancheros Mug (and Fork) Nachos + Kiddy Iced Mexican Horchata

PARENTS: This recipe requires a microwave and 2 microwavable mugs
Please open any canned goods and discard the lids prior to class.

INGREDIENT CHECKLIST:

- | | |
|---|---|
| <input type="checkbox"/> 1 scallion | <input type="checkbox"/> 1/2 ripe avocado |
| <input type="checkbox"/> 1 egg* | <input type="checkbox"/> Pinch garlic powder or granulated garlic |
| <input type="checkbox"/> 2 T mild salsa | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> Handful corn tortilla chips (about 8-10 chips)* | <input type="checkbox"/> 2 C cold water |
| <input type="checkbox"/> 1/4 C black or pinto beans | <input type="checkbox"/> 1 T rice flour |
| <input type="checkbox"/> Pinch cumin | <input type="checkbox"/> 1/4 tsp vanilla extract |
| <input type="checkbox"/> 2 pinches salt | <input type="checkbox"/> Pinch ground cinnamon |
| <input type="checkbox"/> Handful shredded Mexican blend cheese (about 2 T total)* | <input type="checkbox"/> 2 T sweetened condensed milk* |
| <input type="checkbox"/> Pinch fresh cilantro | <input type="checkbox"/> Pinch sugar, to taste |
| | <input type="checkbox"/> Ice |

ALLERGY SUBSTITUTIONS (for those items in red with a *)

EGG: Sub 1/4 C firm tofu, crumbled

CORN: Sub Siete brand grain-free tortilla chips or other corn-free chips

DAIRY (CHEESE): Sub DAIYA brand dairy-free shreds

DAIRY (SWEETENED CONDENSED MILK): Sub cream of coconut (Goya, Coco Real, or Coco Lopez are popular available brands)



Week of: 1/18/2021

Bang Bang Brussels Sprouts and Terrific Tofu Tenders + Bang Bang Dippin' Sauce + Thai Green Tea Lemonade

PARENTS: This recipe requires an oven. You have the choice to either buy sweet chili sauce or make it from scratch with your kid chefs before class! Ingredients for homemade chili sauce are listed below. Please have this made and ready to go at the start of class, as we will not be making it in class. If you are not making it, please buy it in a bottle, found in the Asian food section of most grocery stores.

INGREDIENT CHECKLIST:

- 1 lb brussels sprouts
- 1 green onion
- 1/2 C full-fat yogurt*
- 2 T olive oil
- 1 block extra firm tofu*
- 1 C panko bread crumbs*
- 1 1/2 tsp salt + more to taste
- 1/4 tsp black pepper
- 2/3 C cornstarch*
- 2 eggs*

- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 C sweet chili sauce (either store-bought or homemade, ingredients for homemade recipe follow)
- 4 decaf green tea bags
- 3 lemons
- 4 C room temperature water
- 1/4 C sugar
- Ice

INGREDIENTS for HOMEMADE CHILI SAUCE (OPTIONAL)

- 1/2 C water
- 1/2 C rice vinegar
- 1/3 C sugar
- 2 tsp ketchup
- 1/2 tsp garlic powder
- 1/4 tsp dried ginger
- 2-3 chili pepper flakes
- 2 tsp cornstarch* + 2 tsp cold water

ALLERGY SUBSTITUTIONS (for those items in red with a *)

GLUTEN: sub gluten-free Panko bread crumbs OR certified gluten free cornflakes (crushed up)

CORN: sub arrowroot for cornstarch

EGGS: sub 2 T ground flaxseed whisked with 6 T water to form a smooth gel

DAIRY (yogurt): sub dairy-free coconut yogurt or cream cheese alternative

SOY (tofu): sub 1 head fresh cauliflower florets



Week of: 1/25/2021

Cowboy Bell Pepper Baked Breakfast Hash for Dinner + Creative Kid Ketchup + Rockin' Southern Sweet Tea Lemonade

PARENTS: This recipe requires an oven and a stove top range. Please open and drain the cans of pinto beans and tomato paste and discard the lids prior to class unless kid chefs are older and able to complete this step on their own.

INGREDIENT CHECKLIST:

- 8 oz bag frozen hash browns
- 1 14-oz can pinto beans, drained and rinsed
- 3/4 C shredded cheddar cheese***
- 3 T olive oil, divided
- 1 1/4 tsp salt
- 1/4 tsp black pepper
- 3 green onions
- 1 red bell pepper
- 1 green bell pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 6 eggs***
- 1 6-oz can tomato paste
- 1 T apple cider vinegar
- 1/2 C sugar + 2 tsp sugar or honey
- Kid Chef's Choice of Spices (choose any or all):** dried mustard powder, dried oregano, dried parsley, dried Italian seasoning, onion powder, garlic powder, paprika, celery salt, allspice
- 4 decaf black tea bags
- 4 lemons
- 1 C + 4 C water, divided
- Ice

ALLERGY SUBSTITUTIONS (for those items in red with a *)

DAIRY: sub DAIYA brand dairy-free cheese shreds

EGGS: omit or sub cooked chicken breakfast sausage links, sliced